



Medical providers receive awards

By JO1 Daniel A. Bristol

Navy Commendation Medals and Meritorious Service Medals were pinned on medical providers from various clinics and wards and received praises for jobs well done.

Capt. Jeffery Kuhn, right, received the Meritorious Service Medal from Rear Adm. Clinton E. Adams, Commander Naval Medical Center Portsmouth. Capt. Martin Snyder, below, also received a Meritorious Service Medal. Both captains were two of 19 officers honored at an award ceremony held in Building One's foyer November 7.

"These people have been working hard and have gone long enough without recognition," said Adams. "There is a glitch in our system that we are trying to fix, and this is a direct result of that. There may be some deserving staff members that don't get recognized today and for that I apologize."

Other providers that received Meritorious Service Medals were: Cmdr. Gretchen Meyer, Cmdr. Eric Zintz, Capt. Roderick Luhn, Capt. Paulette Bryant, Cmdr. Lisa Leiby, Capt. Sharon Wallace, Capt. Barton Gumpart, Cmdr. Joseph Slakey, Capt. Daniel Unger, and Cmdr. Robert Mendez.

Those who received Navy Commendation Medals were: Lt. Cmdr. Carl Barr, Lt. Cmdr. David Cannon, Lt. Cmdr. William Sukovich, Lt. Cmdr. Michael Elliott, Cmdr. Robert Simpson, Cmdr. Claude Anderson, and Lt. Cmdr. Abhik Biswas.

Following the ceremony, the customary congratulatory line of friends

and co-worker didn't form. There were so many awardees, when all was said and done, "Just mingle amongst everyone and congratulate them as you pass by," said Adams. "This should be easier than forming a line, but make sure you do shake their hands."



Inside this issue:

<i>Staff Soundoff</i>	Pg 2
<i>Sailors of quarter</i>	Pg 3
<i>New Parents Education</i>	Pg 4
<i>Halloween at NMCP</i>	Pg 5
<i>HIPAA</i>	Pg 6
<i>Operation Teddy Bear</i>	Pg 7
<i>Change of Command</i>	Pg 8
<i>Change of Command</i>	Pg 9
<i>Fleet Hospital</i>	Pg 10
<i>Chaplain/DAPA</i>	Pg 11
<i>Managing Your Money</i>	Pg 12
<i>Survivor's Day</i>	Pg 13
<i>DAPA/Drunk Driving</i>	Pg 14
<i>Planning for Holidays</i>	Pg 15
<i>Galley Menu</i>	Pg 16

An authorized publication of the Naval Medical Center, 620 John Paul Jones Circle, Portsmouth, VA 23708. The views expressed in this publication are not necessarily those of the United States Navy.

The Courier is published monthly by the Public Affairs Office. Be sure to check out NMCP's website at www-nmcp.mar.med.navy.mil.

Commander

Capt. Thomas K. Burkhard

Deputy Commander

Capt. Mathew Nathan

Public Affairs Officer

Lt. Jacky Fisher

Assistant PAO

Mr. Dan Gay

Staff Reporters

JO1 Daniel A. Bristol

JO3 Theresa Raymond

How do I get something in The Courier?

The command's monthly publication provides an avenue to circulate all the useful information the Medical Center staff has to offer. Contact the Public Affairs Office at 953-7986, Fax 953-5118, via Guardmail, or you can E-mail the PAO, Lt. Fisher, at jefisher@mar.med.navy.mil. Submissions should be on a disk in text or Word format with a paper copy attached. Photos are welcome and can be returned on request. The Courier now comes out once a month. Send your submissions to the Public Affairs Office and we'll put it in the next current issue, space permitting. Submission deadline for the next issue is the 15th!!

We are located in Bldg. One, fourth deck, Room 411.

December Staff Soundoff

Question: *What would be the ideal Christmas gift for you to receive this year?*



"My ideal Christmas gift to receive this year would be first having my wife and her entire battle group return home safe and sound. Second would be that God bless each and every American in good health and to be able to spend quality time with their families." BM2 Toney London, Quarterdeck



"A safe holiday. With everything going on these days, the best thing we could hope for is to have a safe and uneventful season." PNSA Leroy P. Edwards, MILPERS



"A chance to see my family for Christmas." DT1(SW/AW/FMF) Gonzalez.



"A \$1,000 gift certificate at Lowes or Home depot and tickets to next year's Daytona 500." QM2 Robert G. Baxter.

Hospital sailors honored at special luncheon

Story by JO3 Theresa Raymond

Dedication and staying true to the values of hard work definitely has its advantages. They not only provide and obvious sense of accomplishment, but also for the respect and admiration that from peers.

This was the case when Naval Medical Center Portsmouth took time to recognize and congratulate three Sailors during a luncheon at the base's Sandbar. HM1(FMF) Richard Whitehead of Reparative Care Services, was awarded Sailor of the Quarter; HM2 (FMF) Christopher Nixon of Branch Medical Clinic Oceana, received the honor of Junior Sailor of the Quarter; and DN Carlisle Pennycooke, also of Reparative Care Services, was named Bluejacket of the Quarter.

Rear Adm. Clinton E. Adams, NMCP's former Commander, said the award winners know what it means to provide the best customer care with a smile. "The reason for our realignment and what continues to be our focus in achieving our goals, our realignment will help us remain the best ship in Navy Medicine."

"You have the leadership that is necessary to carry



Rear Adm. Clinton E. Adams congratulates HM1 Richard Whitehead of Reparative Care Services for being named NMCPs Sailor of the Quarter. HM2 Christopher Nixon of Branch Medical Clinic Oceana, not shown here was named Junior Sailor of the Quarter, and DN Carlisle Pennycooke of Reparative Care Services, shown below left, was named NMCPs Blue jacket of the Quarter. (Photo by JO3 Theresa Raymond)



DN Carlisle Pennycooke of Reparative Care Services received honors as Naval Medical Center Portsmouth's newly named Blue Jacket of the Quarter. (Photo by JO3 Theresa Raymond)

the Navy medical department and subsequently the Navy into the next century with honor, strength, resolve and principle," Adams further explained.

This quarter's winners were honored with a very special guest speaker, Coast Guardsman, HSC Barbara Rouhier, NMCP's Coast Guard Liaison and honorary Navy chief. Rouhier briefly described the differences between becoming a chief in the Navy and the Coast Guard.

"Both services are rich in tradition that dates back to the 1700's, and both have core values that are very important to its Sailors. Being in the Coast Guard has taught me my core values of honor, respect and devotion to duty, but it was the Navy that taught me the true meaning of honor, courage and commitment. I am proud to be in the Coast Guard, but I also have Navy pride," Rouhier said.

Rouhier went through the Navy's six-week indoctrination in order to become an honorary Navy chief. She was frocked in September with eight other Navy chiefs.

NMCP provides education for new parents

Story by JO3 Theresa Raymond

Expecting a new addition to the family can be overwhelming, but Naval Medical Center Portsmouth eliminates some of the uncertainty and apprehension by offering programs and classes that can benefit families of all sizes. Classes ranging from budgeting to breastfeeding help both first time parents as well as parents with children.

These classes allow both parents, or whomever else mom brings as her support system, know what to expect at NMCP. Topics ranging from prenatal care to birth control after delivery are discussed to help give mom an idea of what's going to happen over the next few months.

The classes don't stop after the baby is born. Classes on how to care for the baby are highly encouraged for the new mom, and dad is also encouraged to attend. This class offered after delivery covers every aspect of caring for a newborn. This training also provides the latest information on problems that may arise after childbirth such as postpartum depression.

NMCP also offers classes for siblings. These classes teach children what having a new baby brother or sister actually means. Children over four are even allowed in the delivery room to watch their new brother or sister enter this world.

Following is a list of some of the classes offered by NMCP OB/GYN.

- Prenatal Class- This class provides information on prenatal care, pregnancy, lifestyle, common discomforts related to pregnancy, nutrition, problems of pregnancy, and available command and community resources. The class is for newly pregnant patients and their significant other. Call Tricare at 1-800-931-9501 for more information.
- Great Beginnings- This class provides a comprehensive overview of the expected hospital experience beginning with labor and delivery through the first few weeks at home after discharge.



Call Tricare at 1-800-931-9501 for more information or to register for classes.

- Prepared Childbirth- A refresher course on relaxation techniques, breathing techniques, and labor pain management. The class review's breast feeding, as well as giving a tour of the labor deck and delivery rooms. Call OB/GYN at 953-4300 for more information.
- Budgeting for Baby- The class, sponsored by Navy Marine Corps Relief, provides a practical knowledge on budgeting for expecting parents future family. The class also offers a free layette to

new mom. Call 399-1675 for more information.

- Sibling Class- A class for children who are expecting a new addition. The two-hour class includes topics like what to expect and how to treat the baby. Gives a tour so children can see where their mother will deliver their babies. The class is for children between the ages of four and 10. Call 953-4601 for more information.
- Healthy Pregnancy, Healthy Baby- This class provides information on what to expect during the third trimester. It also teaches how to care for a newborn and the proper use of a car seat. The six-session course offered by the Red Cross, does have a small fee. Call Pam Warefield at 393-1031 for more information.
- Breast Feeding Class- Provides information on breast feeding to expecting parents. Call OB/GYN at 953-4300 for more information.
- Birth Control Option Class- This class discusses available birth control methods to help patients find the right method. Call 953-4300 for more information.

For new patients, let NMCP provide you with appropriate information before the new one arrives. If you have a special interest in these subjects and would like to volunteer, please contact the Red Cross at 953-7524 or Navy Marine Corps Relief at 423-8830.

Trick or Treat hospital style

Story by JO1 Daniel A. Bristol

High-pitched screeches, skeletons, ghosts, goblins and ghouls! These are some of the things people think about during the Halloween season. No one would ever think of a hospital, but they should. For the second year in a row, Naval Medical Center Portsmouth invited all of the ghosts, goblins and ghouls to come haunt the hallways as the hospital was turned into a trick or treater's wonderland.

As everyone entered into the hospital from the parking garage, each ghost, goblin and ghoul was greeted by the Hampton Roads Admirals hockey team mascots. The mascots would talk to the children and also hand out some candy. Halloween arrived at NMCP.

It was Halloween night at the hospital as the sound of little voices spurting out the words "trick or treat" echoed throughout the hallways and bags were filled to the brim with all kinds of goodies. The hallways were filled with little ghosts, spidermen, witches, tiggers, and yes, there was even a little Woody from "Toy Story." HM3 Joshua J. Eldridge, who works in the Pediatric Clinic, said seeing all the different costumes is the best part of the night.

Smiles shined on little faces as hospital staff members dropped goodies into their bags. The sides of the hallways were lined with Halloween decorations and tables where staff members waited for the trick or treaters to pass. DT2 Robert Robinson, who works in the Prosthetics Lab of the Dental Clinic, said, "The best part is seeing the expressions on the kids faces." There were plenty of happy faces for Robinson to see.

YN1 Kelly Way, who was the coordinator for this event, said there were about 300 kids who showed up at last year's Halloween, but this year there were many more. "We had about 500 that we officially counted for, but there was many more," said Way, who works in the command master chief's office. In total, last year's number was just about doubled with this turnout.



Ghosts, goblins and even little witches haunted the hallways of Naval Medical Center Portsmouth Halloween night for the second year in a row. (Photo by JO1 Daniel A. Bristol)



The Hampton Roads Admirals mascot greets trick or treaters as they enter Naval Medical Center Portsmouth for some Halloween fun. Halloween trick or treating was held at the hospital for staff and their families from 5 p.m. to 7 p.m. Halloween night. (Photo by JO1 Daniel A. Bristol)

The command galley's exit hallway was turned into a haunted alleyway. The beginning of the hallway was draped with a curtain. Upon entering the hallway, there was a blanket of fog and a dark alley that led down to the unknown. Toward the end of the haunted alleyway, MS2 Isaiah N. Marauta, who works in the galley and put the haunted hallway together, waited with a cauldron of candy for whomever dared to reach for it. "I have had many people tell me that this year's program is better than the one I had last year," said Marauta.

Marauta would sit in wait as the children reached for the candy. When the most opportune time had arrived he would reach out and grab their hands. "I enjoy watching the children come through," said Marauta. "I also enjoy scaring them." This was evident as many children came out of the haunted hall with tears rolling down their cheeks and parents giving comforting hugs.

As the evening's festivities began to wind down, the crowd slowly started to disappear. By 7:30 p.m., all that was left was Halloween decorations and empty tables. The empty hallways waited in anticipation for next year's little smiles and yet another Halloween night hospital style.

HIPAA, TRICARE and your rights to privacy

TRICARE Press Release

As a beneficiary of the Department of Defense Military Health System (MHS) and TRICARE, one of the basic rights that you have, aside from the right to receive quality health care, is the right to keep private your health care information. The Health Insurance Portability and Accountability Act (HIPAA) of 1996 established health care standards or "privacy rules" that all U. S. military and civilian health care providers, hospitals and organizations are required to follow to protect the privacy of health care information from unauthorized disclosure or use. TRICARE will implement the new privacy rules on April 14, 2003.

Under HIPAA privacy rules, the MHS is required to inform you about how your personal health care information is used, provide guidance on your privacy rights and limit use and disclosure of your personal health care information to the minimum required. To increase beneficiary awareness regarding these new privacy rules, beginning in November 2002, a copy of the MHS Notice of Privacy Practices will be sent to each TRICARE sponsor listed as eligible in the Defense Enrollment Eligibility Reporting System. Beneficiaries will be asked to acknowledge receipt of this privacy notice during their first scheduled appointment after April 14th at their local military treatment facility (MTF).

"The MHS has always had privacy and patient confidentiality standards in place to limit unauthorized access or disclosure of personal health care information," said Navy Cmdr. Sam Jenkins, HIPAA Privacy Project Officer, TRICARE Management Activity.

"These new privacy rules provide TRICARE beneficiaries with additional safeguards for ensuring their health care information is adequately protected and appropriately used by the MHS and TRICARE to provide quality patient care," Jenkins said. Permissible uses of health care information include treatment,

payment for services provided and operations such as patient billing or appointment scheduling.

Under the privacy rules, you have the right to receive a notice of MHS privacy practices from the MTF; access, review and receive a copy of your personal medical record or health care information on file at the MTF; request a change or correct an error in your medical record; know how, when and to whom your medical information is disclosed; file a grievance with the MTF regarding a privacy concern; and finally, provide written instructions on your personal preferences regarding use and disclosure of your personal health information.

Your personal health care information may be disclosed to other health care providers such as specialists, pharmacists or laboratory technicians who, at the request of your primary care manager, may need access to your private health care information to provide you with optimal care.

MTFs may not share your personal health care information with outside sources for marketing, health care research or any other reason without your knowledge and written consent.

Privacy officers are located at every MTF and serve as beneficiary advocates for privacy issues and will respond to inquiries from TRICARE beneficiaries who may have questions or concerns regarding personal health care information or the new privacy rules. Privacy officers will ensure that private health care information remains accessible to beneficiaries and their providers and protected from unauthorized access.

Beneficiaries who have questions or concerns regarding their privacy rights may contact their local MTF privacy officer for assistance. A copy of the MHS Notice of Privacy Practices is available on the TRICARE Web site at www.tricare.osd.mil/hipaa. Additional information on TRICARE and the HIPAA privacy rules is available at this site.

HIPAA, frequently asked questions everyone may need to know

Navy Medicine HIPAA goal statement:

To facilitate compliance with HIPAA in a timely manner, appropriately protect the security and privacy of individual identifiable information, and to embrace within a HIPAA compliant environment the economies and healthcare advances available via standardized data and business practices while utilizing e-health education and treatment force health protection knowledge management tools.

What is HIPAA?

It is the Health Insurance Portability and Accountability Act. It was signed into law in August 1996. HIPAA was originally intended to support the portability of health insurance and to improve fraud and abuse protections. HIPAA administrative simplification provisions were added under pressure by the industry to improve administrative efficiencies, reduce paperwork and ensure confidentiality and privacy of electronic information.

HIPAA Privacy— Who, What, and Why?

The purpose of the HIPAA privacy rule is to prevent inappropriate use and disclosure of individuals' health information. HIPAA entails ongoing responsibilities that must be incorporated into MHS culture and business processes.

Who must comply with HIPAA?

All health plans, health care clearinghouses and health care providers who conduct certain financial and administrative transactions in any medium must comply with HIPAA. TRICARE, the Military Treatment Facilities, clinicians, the managed care support contractors and subcontractors as well as other business

associate relationships fall within these categories.

What information is protected under HIPAA?

Individually identifiable health information, including demographics, is protected under HIPAA. The protected health information can be electronic, paper or verbal form. Uses and disclosures are described in the organization's notice of privacy practices which will be mailed out to all DOD beneficiaries beginning Nov. 1, 2002.

Why is HIPAA important to the patient?

HIPAA increases the patient's control over his/her health information.

Sailor strives to help whenever she is needed

Story by JO1 Daniel A. Bristol

Christmas is just around the corner. 'Tis' the season for joy and for stuffing stockings. That is just what the Customer Service Detachment in Building 272 did. They also dressed some teddy bears. They worked with Personnel Support Activity Detachment Norfolk to stuff stockings and dress teddy bears for the Salvation Army.

PN1 Carrie Singleton, CSD's coordinator for "Operation Teddy Bear," their in-house name for it, said she was on the other side of the fence when she was a child. She said she came from a poor family, and they received toys and other household items from the Salvation Army.

The stockings and teddy bears were turned into the Salvation Army November 19. Singleton said it was teamwork that enabled the project to be completed. The project took about two weeks to complete, but that was because the personnel at CSD who worked on it had to do so on their lunch breaks each day. Upon completion, there were 138 stockings and about 74 teddy bears, which will be put into a warehouse for needy families to pick out for their children.

"Being part of something bigger," said Singleton, is her reward for helping. "A bigger plan to reach out and make some kids happy."



PN1 Carrie Singleton's desk overflows with teddy bears as "Operation Teddy Bear," a program designed to help ill and underprivileged children receive gifts for Christmas, gets underway. Those who were involved dressed 74 teddy bears and stuffed 138 stockings to give to the Salvation Army. (Photo by PNCM(SW) Vicky Fabian of Customer Service Detachment Portsmouth)

"It's kind of like karma whenever I can help," said Singleton. "That's just the way I live my life. It's about being unselfish. It felt good to be a part of it."

Some of the other offices that were involved in the project were the NMCP's Career Counselor's Office and Staff Education and Training and the Navy Federal Credit Union.

Naval Medical Center Portsmouth

Story by Dan Gay, Asst. PAO

There are few commands in the Navy that can boast of previously having 68 commanding officers/commanders. Command missions change, bases become unnecessary, and ships and aircraft become obsolete. There is one command's mission that has not changed. That mission is the maintenance of the mental and physical health of service members to maintain the highest degree of operational readiness. Capt. Thomas K. Burkhard became the 69th steward of that mission as he assumed command of the Naval Medical Center, Portsmouth, which has served the nation's military for over 175 years.

Burkhard relieved Rear Adm. Clinton E. Adams as the Commander of the Navy's "First and Finest" hospital in a Change of Command ceremony conducted Friday, November 15. Rear Adm. David Architzel, Commander, Navy Regional Mid-Atlantic, provided opening

remarks. He was followed by Vice Adm. Michael L. Cowan, Surgeon General of the Navy and Chief, Bureau of Medicine and Surgery, Bethesda, MD as keynote speaker. Adams transferred for duty as Fleet Surgeon on the staff of Commander, U. S. Atlantic Fleet.

The ceremony, which began precisely at 2 p.m., began with arrival honors for the official party. The ceremonial platform was staged at the bottom of the 17 steps leading to the Building One entrance. Outlining the steps were 50 hospital members holding the official flag of their respective home state. The sideboys and the honor guard represented each of the military services. Following the invocation, Adams took the opportunity to present awards to five members of the command who distinguished themselves by providing the highest degree of professionalism in their daily responsibilities. They were: HN Rachel Horton, Navy Achievement Medal; HM2 Theodore Harrison, Navy Achievement Medal; DT1 Kinkela Kuedituka, Navy Achievement Medal (second award); SKC Keith Owens, Navy Achievement Medal (sixth award); and YN1 Kelly Way, Navy Commendation Medal.

Cowan presented Adams with the Defense Superior Service Medal for his leadership and managerial skills as he guided the region to improved services and patient care. The citation read in part: "He oversaw the first change of managed care support contractors in the nation, which was so successful it has become the template for other regions to follow." It continued, "He transformed the regional military treatment facility commanders into a cohesive, action-oriented group, and led the formulation of the region's first strategic and annual plans, resulting in significant improvements in the delivery of patient care."

Architzel called Mrs. Paula Adams to the form where she was presented the Meritorious Public Service Award. She was cited for her service as Senior Advisor for the Red Cross Board, Honorary Chairman of volunteers for the Navy Marine Corps Relief Society, and Advisor for the medical center's Oakleaf Spouses' Club. Her dedication was also recognized for establishing a hospitality suite for family members of the 33 injured USS Cole sailors and NMCP staff volunteers by assuring the abundance of logistics requirements and food for those in need.

Adams, in his farewell remarks and recipe for the future, said, "We will focus our efforts on the health and well-being of the fleet. We will recapture



Rear Adm. Clinton E. Adams pipes ashore during the change of command ceremony. Adams was NMCP's commander for the last two years. (Photo by NMCP's Medical Photography Staff)

Change of Command Ceremony

a population lost to Champus and make them TRI-CARE Prime. We are a health care system that will not accept second place to anyone while optimizing for efficiency and effectiveness in access to care, quality of care, and cost containment."

Burkhard accepted the challenge for the future. "In discussing my proposed orders with active duty colleagues and their family members, I have heard nothing but the highest praise for the medical staff, this beautiful medical center and the quality of healthcare provided. In this world of constant change, continuous improvement is required if we are going to continue to enjoy this level of support from our patients," he said.

Burkhard, a native of Trumbull, CT, graduated cum laude from Harvard College in 1969 and was commissioned an ensign through the NROTC program. His first duty station was aboard the minesweeper USS Whipporwill (MSC 207) homeported in Sasebo, Japan on which he performed coastal patrols in South Vietnam. In 1971, he attended the Staff Mine Warfare Course at Naval Schools Mine Warfare in Charleston, South Carolina and subsequently was assigned to the school as an instructor. At the conclusion of the Vietnam War, he was attached to the staff of Commander, Mobile Mine Countermeasures aboard USS New Orleans (LPH 11) where he participated in Operation ENDSWEEP clearing mines from North Vietnam waters.

Resigning his lieutenant commission in September 1973, he entered Duty Under Instruction at the University of Connecticut School of Medicine and was commissioned an Ensign, U.S. Naval Reserve. Graduating in 1977, he reported to Naval Regional Medical Center, San Diego where he completed his internship in 1978 and a Diagnostic Radiology residency in 1981. He transferred to U.S. Naval Hospital, Guam, and in 1984, returned to Naval Hospital, San Diego, and held several positions culminating in his selection as Deputy Commander. From 1994 to 1996, he served as Deputy Commander at National Naval Medical Center, Bethesda. Burkhard served as the Surgeon General's Advisor for Radiology from 1992 to 1995. He was appointed Clinical Associate Professor of Radiology/Nuclear Medicine, Uniformed Services University of the Health Sciences, Bethesda, MD in 1994. He received a Certificate in Medical Management in 1997 from Tulane University and the American College of Physician Executives and was named a Certified Physi-



Capt. Thomas K. Burkhard piped aboard as the 69th commander of NMCP. (Photo by NMCP's Medical Photography Staff)

cian Healthcare Executive in 1998 by the American College of Physician Executives. He commanded Naval Hospital, Camp Pendleton, CA from January 1997 to July 2000 when he assumed his duties as Fleet Medical Officer, Commander in Chief, U.S. Naval Forces Europe.

His awards include the Legion of Merit with one star, Meritorious Service Medal, Navy Commendation Medal, Navy Achievement Medal, Combat Action Ribbon, Navy Unit Commendation, Meritorious Unit Commendation, National Defense Service Medal with one star, Vietnam Service Medal with two stars, Humanitarian Service Medal, Navy and Marine Corps Overseas Service Ribbon with three stars, Philippine Unit Citation, and Republic of Vietnam Gallantry Cross Unit Citation.

Fleet hospital prepares for future possibilities

Story by JO1 Daniel A. Bristol

A pair of muddy boots marks the symbol of service to the fleet under the assumed name of Force Protection. How many of us think about how those boots became muddy and what the Sailors were doing at that time?

One group of Sailors from the Fleet Hospital Portsmouth platform of Naval Medical Center Portsmouth had the chance to make their own muddy boots. Fleet Hospital Portsmouth was recently involved in a training evolution which included setting up the fleet hospital units.

Capt. Martin Snyder, the Commanding Officer of Fleet Hospital Portsmouth, said teamwork is the key to success out in the field. "Should we get deployed this is the team that will go, so this is the team getting the training. They could be doing this for real very soon, so this is the most important task they have to do."

There are many different stages or phases to setting up the fleet hospital. The first phase is taking everything out of the storage areas and laying everything out so everything can be seen and counted. Once everything is laid out where it will go, construction of the units begin.

As the Sailors of fleet hospital trudge through the mud, they construct the outside structures of the hospital. Using ropes, pegs and pins to hold everything together, the outside structure of each of the three units is pieced together. One tent, the main intensive care unit, is the one where the beds are laid out. The second tent, which is in the middle, is the x-ray area, and the



This x-ray room is similar to one at NMCP. The fleet hospital units have to be fully functional and operational and act as if the patients were being seen at NMCP. (Photo by JO1 Daniel A. Bristol)



This walkway is used as a way for patients and staff to get from tent to tent without facing the element. It also protects patients from contamination caused by the element. (Photo by JO1 Daniel A. Bristol)

third tent is the main triage area where initial medical care will be given.

The next step is to place the canvas covering the top of the structure before the structure is actually raised to a standing position. Actually raising the structure takes much coordination and teamwork to complete. Everyone involved must raise his portion of the unit at exactly the same time as everyone else. Now, it is time for stability.

Laying down the floorboards and mats is the next step. First down is a layer of palettes. On top of those, there is a layer of plywood. Then on top of the plywood there is a canvas covering. This makes it a little easier to walk on than just the plywood or just the canvas. After all this was completed, the electric cables were hooked up and the fluorescent lights were installed.

Snyder said the fleet hospital will be up for a little while. He stated that this is probably what will be used during the disaster drill December 4. The fleet hospital tents will most likely remain set up until March.

The tents are up, and the evolution is a success. Between each tent, there is a canvassed, enclosed walkway going through the center of the two larger tents. This walkway connects the three tents together thus making it one complete hospital ready to serve the fleet.

With the exercise complete, all that could be seen was three tents connected together ready to function as a unit and one team of tired and worn out Sailors, but glad to have been given this opportunity to get their boots muddy. Now, they too have a symbol of service to the fleet and a symbol of pride for a job well done.

Practice, study, work; the makings of a hero

Story by Cmdr. Bruce Anderson, CHC, USN

At the battle of Fredericksburg in 1862, thousands of Union soldiers were mowed down in a series of futile attempts to capture fortified Rebel positions behind a stone wall on Mary's Heights, overlooking the town. Only a few yards from that stone wall, there's an unusual monument for an unusual hero. No statue of a soldier with sword, rifle or flag in hand, it's just a large boulder with a simple brass plaque.

Near evening – the battle still raging, dead and wounded Federal troops littering the hill – a Confederate soldier left the protection of his stone wall. He crawled over with his canteen and gave water to wounded and dying Union men. Oh, I'm sure he did his duty and shot his share of Yankees earlier that day. But when he heard suffering cries for water, he risked his own life to comfort as many as he could. What made him so different from virtually everyone around him?

True heroes seem to have a hard time explaining what they did. Ask a Dutch family that hid Jews from the Nazis; ask white supporters who marched with Rev. Martin Luther King, Jr. in the '60's; ask a Hospital

Corpsman who received the Congressional Medal of Honor in Vietnam.... Ask real heroes why or how they were able to do what they did, and you won't hear a lot of bragging, or flowery accounts of their heroic deeds. Most will say they were only doing their duty...just trying to do the right thing...they don't know, they just acted.

They aren't lying, really, but there's a lot more to it than that. In the heat of battle or in one of those defining moments of some great moral crisis, *you will do what you have trained yourself to do.*

Without focused, intensive training, you can't be successful as an athlete, a musician, or a medical professional. The same is true of faith and moral integrity. You practice. You study. You work. You stumble, and then go back to practicing, studying and working some more. With time and effort (and by God's grace), you train yourself for spiritual battle – for making tough and maybe even heroic moral choices.

What better month than this to worship God, and to start, or advance, your spiritual and moral training?

Safety prescription, product safety tips: How to safely use turkey fryers during the holidays or anytime

Story by The Naval Medical Center Portsmouth Safety Office

Thanks to celebrity chefs such as Martha Stewart and Emeril Lagasse, deep-fat turkey fryers have grown in popularity throughout the country. While some people rave about this tasty creation, Underwriter's Laboratories (UL) has decided not to certify any of the fryers safe. UL's consumer-affairs manager, John Drengenberg, said the nonprofit organization decided to announce its decision, and they decided to issue a warning to consumers after testing several outdoor fryers and finding them "extremely dangerous."

The outdoor fryer is essentially a large aluminum tub that holds about five gallons of oil and a turkey, placed on a stand with a propane gas burner underneath. UL found many of the fryers tip over easily, spilling hot oil. Worse, if the turkey is placed in an overfilled pot, or the turkey is still even partially frozen, the oil may spill over the burner could hit the burner/flame and start an intense fire.

Based on UL's test findings the fryers used to produce those great-tasting birds are not worth the risks according to Drengenberg.

However, if you absolutely must use a turkey deep-fat fryer, here are some tips for safety use:

Turkey fryers should always be used outdoors and

they should always be used a safe distance from buildings and other materials that can burn.

Never use turkey fryers on wooden decks or in garages.

Make sure the fryers are used on a flat surface to reduce accidental tipping.

Never leave the fryer unattended. Most units do not have thermostat controls. The oil can continue to heat until it catches fire.

Never let children or pets near the fryer when in use. Even after use, the oil inside the cooking pot can remain dangerously hot, hours after use.

To avoid oil spillover do not overfill the fryer.

Use well-insulated potholders or oven mitts when touching pot or lid handles. Wear safety goggles to protect your eyes from oil splatter.

Make sure the turkey is completely thawed before placing in tub. Approximately 24 hours for every five pounds of bird thawed in the refrigerator.

Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease or oil fire. Call 911 if the fire is not manageable with a hand held fire extinguisher.

Managing your money from afar

Developing a game plan during deployment easier than you think

A public service announcement by Navy Federal Credit Union

Handling your personal finances when you're half-way around the world for six months can present a challenge for anyone, but it can be particularly difficult for young couples.

Start making some key decisions three months prior to your ship leaving port. Many financial institutions regularly give pre-deployment briefing to make sure the Sailors and Marines at sea and their families back home have all the financial tools they need.

Because some financial arrangements take longer than other to get in place, don't wait until the last minute to:

- Provide your financial institution with any new instructions for the disbursement of your direct deposit or allotment.
- Establish automatic transfers for your loans and credit card payments. Mail delivery can be tricky overseas and delays are inevitable. This way you'll prevent late payments.
- Sign up for online account access/banking from your financial institution well before deploying. Since all surface ships and naval installations provide you with internet access, this is the easiest way for you to monitor accounts, transfer money between accounts and balance your checkbook from anywhere.
- Enroll in a Web bill pay service— check with your financial institution to see if it offers this service.
- Apply for a Visa Check Card, ATM card or credit card for getting cash from ATMs. The cards and their PINs will come to you by mail, and are activated by calling a special phone number
- Check your inventory of checks and make sure you have a generous supply. Often, cashing a check during deployment is the only way you can get cash, because not all foreign countries accept debit cards. Also sign up for overdraft protection...just in case.
- Open a second checking account for your Spouse or joint owner. You can divide your direct deposit between the two checking accounts any way you want. And these funds can be reallocated at any time should your needs change during deployment.
- Make sure your financial institution has your and your joint owner's correct address. Your Command Financial Specialist is also a great resource in preparing for deployment. And your legal office can provide you with a preformatted power of attorney that will allow someone you designate to act on your behalf in your absence. But be sure to get the one that's right for your needs. A durable power of attorney is only good if you're incapacitated or mission in action. A general or specific power of attorney allows the designated person to act when you're not available.
- Most importantly, if you're having a problem with one of your financial accounts, call or contact your financial institution right away. This can help keep a small problem from turning into crisis.

NMCP Celebrates Advancement of over 100 Sailors

Story by JO3 Theresa Raymond

Hard work and determination paid off for 132 Naval Medical Center Portsmouth Sailors who were frocked to their next pay grades just in time for the holidays.

Hundreds of well-wishers attended the advancement ceremony outside of historic Building One to watch the 132 selectees take their next step up the ladder of Navy success.

HCMC (SW.FMF) David Carroll, NMCP's Command Master Chief, told how unique this ceremony was considering the number of people being advanced.

"I don't think I've ever seen this many Sailors promoted at one time. I have a lot of great pride for these Sailors. They have done a great job, and I know they will continue to give the Navy their all," said Carroll.

"The selectees come from 35 states and eight countries, letting everyone know the quality and caliber of Sailors at NMCP with the will to succeed," closed Carroll.

Those selected from September's exam cycle are newly frocked and awaiting their pay increases, while the rest of NMCP looks forward to the March exam cycle. If you are eligible, it would be wise to prepare and start studying now. With studying hopefully when spring evolves into summer, your old pay grade falls behind as your new chevron welcomes summer and new respect and responsibility.

Survivors Celebrate Gift of Life, “We’re alive and we’re thankful”

Story by JO1 Daniel A. Bristol

“We’re alive, and we’re thankful.” That was the phrase that marked an early Thanksgiving for the Oncology/Hematology Clinic. They marked November 21 on their calendars as the day cancer survivors from the area stated in one voice they were thankful to be alive. Cancer Survivor’s Day was underway.

Lacy Smith, a Red Cross volunteer for Naval Medical Center Portsmouth, said he couldn’t say anything about being a survivor or about having cancer because the room was full of people who already knew. Smith, who is a cancer survivor as well as his wife, said he could tell what cancer had taken from him, but he chose to tell of what cancer gave him instead.

Smith said cancer gave him “HOPE.” “The ‘H’ is for a new set of heroes in my life,” Smith said. The new heroes in his life were the staff at the Oncology/Hematology Clinic. “Heroes like Capt. Paulette Bryant,” said Smith, “who would sleep in her car, so she would be available to her patients.”

Smith said the ‘O’ was for the opportunities that cancer gave him. He has had the opportunity to serve as part of the cancer resource center and being an advocate for current cancer patients.

Smith said the ‘P’ was for the new set of priorities in his life, and it is for the new perspective in his life. The ‘E’ is for the new enthusiasm he has for being alive and being a survivor.

Freddie Cano, a volunteer at Lee’s Friends, is a cancer survivor. He was named WAVY 10’s shining star for the work he did at Lee’s Friends, which is an organization aimed at helping cancer patients and their families get through the rough times ahead.

Cano, a retired chief petty officer, travels to cancer patients’ homes to talk to them and help them get through the tough time they will encounter.

Cano said it was his family’s support and God that got him through. He tells a story about a farmer and his dog whose farm was flooded out and he had to climb on top of this house. A guy in a boat rowed by and asked if he could help. The farmer simply replied that God would take care of him. Then a little while later a guy in a helicopter came by and asked if he could help. Again, the farmer simply replied that God would help him. The farmer and his dog ended up drowning. When the farmer arrived at Heaven’s gate he asked God why He had not helped him, and God answered that He had sent a boat and a helicopter what more could He do.



Freddie Cano a cancer survivor and guest speaker for the Oncology/Hematology clinic’s Cancer Survivor’s Day Thanksgiving program tells his story to the other survivor’s. (Photo by JO1 Daniel A. Bristol)

Cano looked at all the faces in the Oncology conference room and he said, “God has sent us these doctors. What more could He do? Now, let them do their jobs.”

And with that said, it was time for the survivor’s day cake to be cut. The cake cutting marked the end of the ceremony and the end of the day of celebrating life for these survivors. It wasn’t their choice to have cancer, but it was their choice to survive.

“I chose hope,” said Smith. “And I know you’re all winners, and you’ll do the same.”

Have You Had Your Flu Shot Yet?

NMCP’s flu vaccine order has arrived and has been distributed to all branch medical clinics, TRICARE Clinics and the Charette Adult and Pediatric Immunization Clinics. Any eligibility beneficiary may obtain their flu shot from the Immunization Clinic at their respective primary care clinics. Appointments may not be required. For additional information, contact your care provider or call 1-800-931-9501.

None for the road for the holidays!

Story by HMI Luann Smith

December is National Drunk and Drugged Driving (3D) Prevention Month. Traditionally, the December holidays are linked to one of the deadliest times of the year in this area. Last year, Virginia's 2001 Traffic Crash Report listed statistics for the specific holidays with Christmas having 13 fatalities and 836 injuries and New Years with 10 fatalities and 666 injuries in alcohol related crashes.

One way to prevent these needless tragedies is to raise public awareness and keep the community involved. This means talking to parents, teachers, public and private businesses, health organizations, law enforcement and local churches.

There are many ways people can participate and

make the holiday season safe. If you're hosting a holiday party, plan ahead. Serve plenty of food and control

the amount of alcohol. Stop serving alcohol before the party ends and make plans to provide a sober ride home or allow guests to stay the night.

3D Prevention Month focuses on issues that are equally important the year round. NEVER drink and drive, or ride with someone who has been drinking or using drugs. Always use the proper safety restraints for yourself and others in

the vehicle, especially children.

Remember, make it "None for the Road for the Holidays" and all year round.



Knowing the numbers may change your mind, your life

Story by JO3 Theresa Raymond

Drunk driving is the nation's most common violent crime, and yet, some people still get behind the wheel after a night of drinks, saying to themselves 'I'm not that drunk.'

Alcohol-related traffic deaths are on the rise, and we must work together to keep our streets safe during the holiday season.

New statistics released by the National Highway Traffic Safety Administration, NHTSA, show last year the nation experienced the largest percentage increase in alcohol-related traffic deaths on record. In 2000, 16,653 people were killed in crashes involving alcohol, representing 40 percent of the 41,821 people killed in all traffic crashes.

According to the NHTSA, the time around the holiday season is one of several higher-risk periods for drunk driving during the year. Last year, between Thanksgiving and New Year's Eve, 1,708 people were killed in alcohol-related traffic crashes representing nearly 39 percent of the 4,398 killed in all crashes.

Tragically, the National Safety Council

predicts an estimate of 530 people will die and another 28,300 will suffer disabling injuries from alcohol related car incidents during the New Year's holiday period.

Designating a non-drinking driver can prevent alcohol-related crashes.

Holiday drinking has become more than an adult problem. Numbers show that this type of abuse is now spreading among our children.

The Substance Abuse and Mental Health Services Administration Household Survey on Drug Abuse shows disappointing results in youth alcohol use. An estimated 9.7 million youth (27.5 percent) aged 12 to 20 reported drinking alcohol in the month prior to the survey. Of these, 6.6 million (18.7 percent) were binge drinkers and 2.1 million (six percent) were heavy drinkers.

During these next few weeks, it is especially important to remember our actions affect others. Our actions impact the people around us, and we must act responsibly to help prevent these already alarming

Planning for holiday trips can save lives

Story by JO3 Theresa Raymond

There's no place like home for the holidays – just make sure you arrive there safely.

Most military travel occurs between Thanksgiving and New Year's Day as service members travel to different parts of the country to visit with family and friends, and many are driving the distance.

As with all commands including Naval Medical Center Portsmouth, safety is number one. They want their employees to both enjoy the holidays and return to work safely.

Most people find it more convenient to drive to their location, as the East Coast is an area of bustling highways and byways. Driving can prove more efficient, by saving time and money, but can also prove more deadly.

Making sure you're up for the trip is a proper way to plan for the distance drive up ahead. Here are a few ways to stay safe this holiday season:

- Get a good night's rest before the trip, at least eight hours. Start your vacation a day early and plan to pack and rest that day. Driving can become as exhausting as working, so plan to travel on a less busy day.
- Try not to drive alone. Driving by yourself puts you at a greater risk of falling asleep, than having someone to talk to and help you focus and stay awake.
- If you are taking any medications which have a sedating effect, plan on taking them before or after your trip, that way you don't get sleepy while driving and you don't miss taking your medications.
- Never drink and drive. Driving while under the influence of any drug or alcoholic beverage can

not only be deadly to you, but to the other people driving as well.

- Remember: there is no substitute for sleep. Don't think you can beat the need for sleep by driving with your window down and your radio turned up. Although it might keep you awake for a little while, it's not going to make you more alert.
- Fatigue is an impairment all by itself. If you start to feel tired, pull over. When someone becomes fatigued their reaction time slows, vision and judgment blurs and their cognitive reasoning becomes impaired, effects similar to alcohol.
- Be aware of road conditions. Avoid driving in snow or ice.
- Keep emergency supplies, such as blankets, candles and food, in your car in case you get stranded.
- Schedule regular stops. Every 100 miles or two hours should help you stay on your toes and focused, it may also give you something to look forward to.
- Recognize signs of fatigue -- drifting from your lane, hitting rumble strips, repeated yawning, trouble keeping your eyes open, tailgating or missing road signs.
- If you are tired then pull into a rest area and sleep for 15 to 45 minutes, or walk around and do a few exercises.

Knowing yourself and when you're feeling tired can help you and everyone else on the hi-way, arrive to your destinations safe and sound.

Data Flow hosts information week at NMCP

Story and Photo by JO3 Theresa Raymond

Naval Medical Center Portsmouth's Data Flow Department kicked off its annual National Health Information Technology Week with a cake cutting in Building One, November 4th.

The weeklong activities were designed to give thanks to all the people who work with the administrative side of the hospital. The festivities are also very informative, giving information during an in-service day, the second day of the information week.

The week ended during an informal ceremony announcing the department's picks for Doctor of the Year. The winner's, Lt. Col. Eric Simko of the Ear Nose and Throat department and Cmdr. Gretchen Meyer of the Pediatric department both received a one day liberty certificate along with a gift bag for their wonderful services.

Data Flow hosts the information week every year in their departmental spaces. For more information call Data Flow at 953-5418.



December 1,15,29**Lunch**

Chicken rice soup
Lemon turkey pasta
Swiss steak w/ gravy
Carrots
Dinner rolls
Cherry pie

Dinner

Clam chowder
Roast beef w/ gravy
Chicken pot pie
Potatoes/Egg noodles
Corn/Green beans
Dinner rolls
Pumkin pie

December 2,16,30**Lunch**

Split pea soup
Chicken /lasagna
Peas, Cauliflower
Garlic bread
Chocolate cake
Peach pie

Dinner

Cream of mushroom
Ham w/pineapple
Herb baked fish
Sweet potatoes
Succotash
Butterscotch brownies
Apple crisp

December 3,17,31**Lunch**

Beef noodle soup
Roast turkey w/ gravy
Beef stew
Mashed potatoes
Broccoli, Squash
Cake/Sweet potato pie

Dinner

Chicken noodle soup
BBQ Chicken
Roast beef, gravy
Au gratin potatoes
Steamed rice
Corn on the cob
Coconut cream pie

December 4,18**Lunch**

Vegetarian veg. soup
Beef teriyaki
Cat fish
Macaroni and cheese
Green beans
Black eye-peas
Apple pie

Dinner

Minestrone soup
Jerk chicken
Grilled salisbury steak
potatoes/gravy
Green peas/Carrots
Angel food cake

December 5,19**Lunch**

Knickerbocker soup
Grilled chicken strips
Sweet and sour pork
Fried rice
Mixed veggies
Cake/Blueberry pie

Dinner

Mulligatawny soup
Fish creole
Baked chicken
Lyonnaise potatoes
Beets/ Asparagus
Orange cake
Brownies

December 6,20**Lunch**

Clam Chowder
Swiss Steak w/Gravy
Vegetable Curry
Mashed Potatoes/Rice
Turnip Greens/Carrots
Chocolate Chip cookies

Dinner

Beef vegetable soup
Pot roast w/gravy
Mac and Cheese
Green beans/Squash
Florida Lemon Cake
Vanilla Pudding

December 7,21**Lunch**

Chicken soup
Meatloaf/Chicken
Scallop Potatoes/Rice
Broccoli/Peas
Dinner Rolls
Coconut cream pie
Oatmeal cookies

Dinner

Veggie soup
Pork chops/pizza
Mashed potatoes/rice
Cauliflower/Spinach
Pumpkin Pie/Yellow
Cake

December 8,22**Lunch**

Veggie Bean Soup
Roast Turkey w/Gravy
Swedish Meatballs
Noodles/Dressing
Beets/Carrots
Cheery Pie/Banana
Cake

Dinner

Turkey Rice soup
Roast Beef/Chicken
Potatoes/Rice
Brown Gravy
Squash/Green Beans
Cookies/Peach Pie

December 9,23**Lunch**

Chicken Noodle Soup
Chicken/Eggplant
Steamed Rice
Asparagus/tomatoes
Oatmeal Cookies/
Chocolate Cake/Peach
Crisp

Dinner

Veggie Soup
Beef Strips/Baked Fish
Mac n Cheese/Rice
Carrots/Spinach
Pound Cake/Apple Pie
Dinner Rolls

December 10,24**Lunch**

Mushroom soup
Salisbury Steak/Pork
LyonnaisePotatoes/
Rice
Beans/Squash
Dinner Rolls
Blueberry pie
Sugar cookies

Dinner

Minestrone soup
Chicken/Spaghetti
Mashed potatoes
Cauliflower/Turnip
Cherry Pie/Brownies

December 11,25**Lunch**

Beef Veggie Soup
Chicken/Beef Yakasoba
Rice
Broccoli/Corn
Beets/Carrots
Oatmeal Raisin/
Banana Cake

Dinner

Lentil soup
Baked pork/Baked fish
Mashed Potatoes/Rice
Brown Gravy
Asparagus/Carrots
Brownies/Potato Pie

December 12,26**Lunch**

Potato Soup
Turkey/Chili-Mac
Potatoes/Dressing
Succotash/Fried Okra
Dinner rolls
Coconut Pie/Cookies

Dinner

Corn Chowder
Pork Loin/Pasta
Potatoes/Rice
Carrots/Cauliflower
Orange Cake/Oatmeal
Cookies
Dinner Rolls

December 13,27**Lunch**

Clam Chowder
Spaghetti/Baked Fish
Mac N Cheese
Green Beans/Squash
Dinner Rolls
Apple Crisp/Banana
Cake

Dinner

Beef Noodle soup
Pasta/Meatloaf
Mashed Potatoes/Rice
Brown Gravy
Broccoli/Corn
Brownies/Lemon Cake

December 14,28**Lunch**

Cream of Broccoli
Roast/Lasagna
Potatoes/Rice
Asparagus/Cauliflower
Dinner rolls
Blueberry Pie/Cake

Dinner

Onion Soup
Fish/Beef Tips
Potatoes/Noodles
Spinach/Beets
Cheery Pie/Vanilla
Pudding
Dinner Rolls